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Marie Underwood | Staff photographer

Central Michigan students cheer during a football game against Northern Illinois, Tuesday, Oct. 31 in Kelly/Shorts Stadium. Students wore costumes to the game for Halloween. (Marie Underwood | CM-Life)

ON THE COVER: CM Life photo illustration | Jo Kenoshmeg

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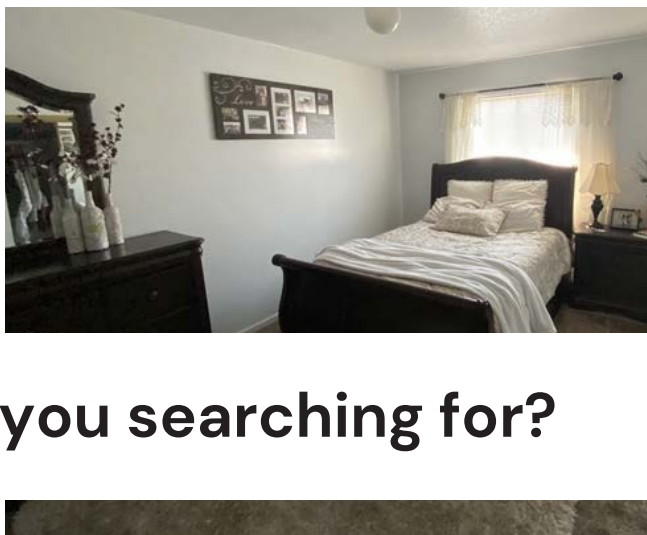
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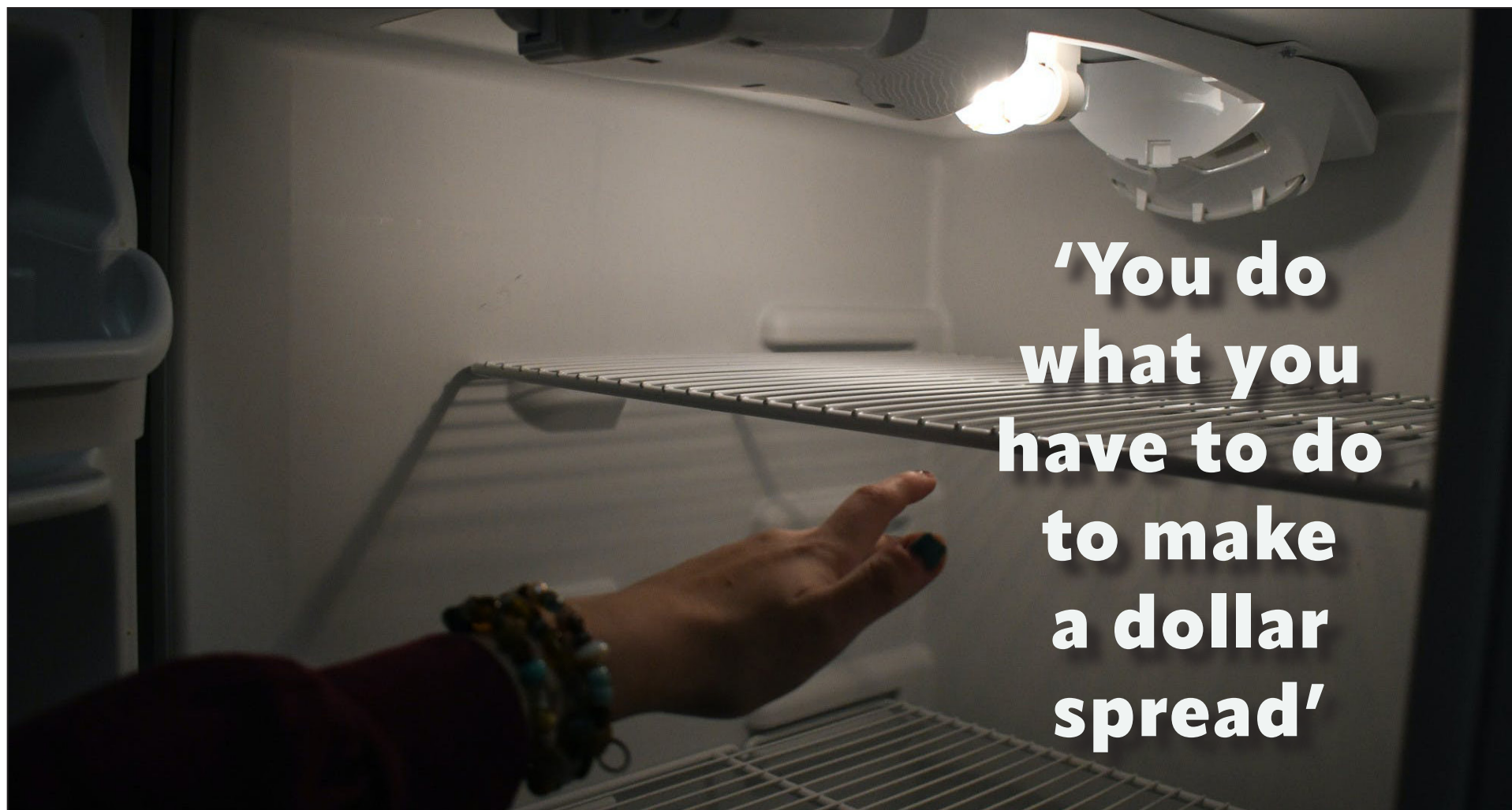
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Jo Kenoshmeg | Assistant Visuals editor

CM Life Photo Illustration

What are food insecurity and food deserts?

By Lauren Pocica
Staff reporter

Across the country, in communities large and small, wealthy and poor, citizens struggle with decisions like whether they should fuel up the car or their bellies.

According to the Congressional Research Service and the United States Department of Agriculture (USDA), food deserts are often referred to as an area that lacks access to healthy food measured by distance between a household and a store. This can include resources that may affect accessibility such as transportation.

To put this in perspective,

parts of Isabella County qualify as a food desert. In Mount Pleasant on the map, a majority of Lincoln Township, between East Remus and East Millbrook roads and from South Meridian Road east to the edge of campus, qualifies as a food desert. The area stretches all the way down East Millbrook road to South Summerton road following down to Potter Creek.

Symantha Dattilo is a volunteer assistant director at the Central Michigan University Food Pantry on campus. She said that food deserts are not based on populations.

"It (food insecurity) does not live in an isolated way," Dattilo

said. "Communities, regardless of what their geographical makeup looks like (experience food insecurity)...because it's part of a system of an entire area that is failing for one reason or another."

Food deserts, food insecurity and poverty

According to the USDA, food deserts don't necessarily mean there is absolutely zero access to food, but can mean a lack of nutritional value. Often, places that experience a food desert, also referred to as a food swamp, use convenience stores and gas stations for their main source of calories.

"Low-income residents of these neighborhoods and those who lack transportation rely more on smaller neighborhood stores that may not carry healthy foods or may offer them only at higher prices," the USDA said.

According to the USDA, some specifics of a food desert include:

- The ability to access healthy food, measured by distance to a store or by the number of stores within the area.

- Resources that may affect ones accessibility including income and personal transportation.

- Community resources such as income of the area and public transportation.

Dattilo defined food deserts as a lack of having access to food, and said it is related to food insecurity.

"(Food insecurity) is a basic lack of access to healthy nutritious food that is also affordable," she said.

A USDA study found that 12.8% of U.S. households were food insecure at some point during 2022. That is approximately 17 million households.

"Food insecurity and food deserts almost always coincide with higher poverty rates," Dattilo said. "On a broader scale ... sometimes, especially in areas like the Upper Peninsula ... the communities are

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Central Michigan Life, the independent voice of Central Michigan University, is edited and published by students of Central Michigan University the second Thursday of the month during the fall and spring semesters. The newspaper's online edition, cm-life.com, contains all of the material published in print, and is updated on an as-needed basis.

Central Michigan Life serves the CMU and Mount Pleasant communities, and is under the jurisdiction of the independent Student Media Board of Directors. Regan Foster serves as Director of Student Media at CMU and is the adviser to the newspaper. Articles and opinions do not necessarily reflect the position or opinions of Central Michigan University. Central Michigan Life is a member of the Associated Press, the Michigan Press Association, the Michigan Collegiate Press Association, the Associated Collegiate Press, College Newspaper Business & Advertising Managers Association, the Mount Pleasant Area Chamber of Commerce, Central Michigan Home Builders Association, Mount Pleasant Housing Association and the Mount Pleasant Downtown Business Association. The newspaper's online provider is SN Works.

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more widespread. So having access to grocery stores (is difficult) because of the geographical layout.”

However, urban, rural or suburban areas may see food deserts as well, Dattilo said.

“Having a lack of access to a food source ... often means these communities are also going without other basic resources (such as) education, public transportation, hospitals and other options for medical care that are affordable,” Dattilo said.

Sara Schafer, the executive director at the Isabella Community Soup Kitchen, said inflation has a lot to do with why it's difficult to obtain affordable and nutritious food.

“People at this time are having a difficult time staying afloat because inflation has increased so much in the last several years, especially post-pandemic,” Schafer said.

Food insecurity's impacts on physical and mental health

An annual survey was done in 2022 by the USDA on low food security households and the conditions that these households endure.

“Forty six percent reported having lost weight because they did not have enough money for food,” according to the USDA.

Also, chronic illnesses or a weakened immune system can come from food insecurity, Dattilo said. Food insecurity increases risk for diabetes, obesity, heart disease and mental health disorders, according to the National Institute of Health.

“Sometimes we're seeing people on their worst day ... it's not easy to come in and ask for help,” Schafer said. “We've seen in this community an increase in substance abuse ... so we try our best to complete our mission everyday, which is to share a free meal and a warm, safe environment.”

Dattilo said that food insecurity can impact your sense of belonging on campus.

“We know specifically how it impacts college students,” Dattilo said. “Having a more difficult time finding a sense of belonging ... impacts your mental health and your ability to make friends and build community.”

Food insecurity affects how you focus and function in everyday life, according to the USDA.

“I think people are just doing the best with what they've got. ... Sometimes that does come down to people having to make decisions that maybe are in the better interest of them being able to just have a meal, and not necessarily focusing on the nutritional things.”

Sara Schafer executive director of Isabella Community Soup Kitchen



Ella Miller | Staff photographer

CMU students eat and study Tuesday, Oct. 10 in Central Eats. Many students utilize the space as a place to grab food, study and socialize.

“Poor nutrition and diet-related diseases have far-reaching impacts, including decreased academic achievement and increased financial stress,” the USDA said. “That translates to societal impacts as well ... (including) lower productivity, weakened military readiness, widening health disparities and skyrocketing health care costs.”

Food access and choices

Food deserts can affect the food choices that someone may make.

“If (they are) unable to get ac-

cess to those healthy foods in a way that is affordable — whatever affordable means to an individual and their families — that means they are making those choices to not eat or to purchase the food that is less healthy for them,” Dattilo said.

Schafer said people have to make choices on where to spend their money, whether the money will go towards groceries, gas or rent.

“You do what you have to do to make a dollar spread,” Schafer said.

She said that for some people, the meals of the week would sometimes

be milk, bread and peanut butter and jelly.

“Obviously that's not as nutritious of a choice as if you were to buy ingredients to make a salad,” Schafer said. “I think people are just doing the best with what they've got. ... Sometimes that does come down to people having to make decisions that maybe are in the better interest of them being able to just have a meal, and not necessarily focusing on the nutritional things.”

Resources and future

Studies have been done to find solutions to food insecurity and food deserts in the U.S. The USDA and Economic Research Service (ERS) have funded a number of grants through a program titled “25 Years of Food Security Measurement: Answered Questions and Further Research” geared toward finding solutions.

“The purpose of the program is to foster research related to the past 25 years of U.S. household food security research and to explore feasible evidence-based improvements looking forward,” the USDA said.

Other resources, such as food pantries, soup kitchens and organizations, are available for those who may need it or those who would like to volunteer in reducing the stress of food insecurity and food deserts.

The CMU Student Food Pantry works to alleviate the stress of food. The pantry can be reached through email at foodpantry@cmich.edu or by calling 989-774-7685. It is located at 1 Algonquin Ct. The main office can be found in Room 106 at the Bovee University Center.

The Isabella Community Soup Kitchen can be reached through email at info@icsk.org or call 989-772-7392. It is located at 621 S. Adams St.

For a visual of the Food Access Atlas map, visit www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/.



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visit WWW.CM-LIFE.COM

The fight against food waste

From composting to cultural perspectives

By Renae King
Staff reporter

Food waste in the United States has long been a pressing issue. According to Feeding America, more than \$408 billion worth of food is thrown away each year. This equates to nearly 40% of all food in the nation.

Central Michigan University has been taking steps to combat these food waste issues.

According to Tyson Dubai, the CMU Dining resident district manager, CMU recorded a 1.3 ton decrease in food waste between August and October, compared to the same time frame last year.

Dubay declined to comment for this story, but provided data related to food waste and reduction efforts via email.

According to the data, there was an 18% increase in post-consumer waste collected from the composting bins in the dining halls. On the other hand, there has been an 18% decrease in the amount of food waste coming from CMU Dining. This includes a decrease in the overproduction of food, and the amount of waste coming from food preparation, such as food trimmings.

According to CMU's website, its composting program has worked to decrease the amount of post-consumer and production waste going to landfills.

The program originally started in 2016 with facility management driving the collected campus food waste from the dining halls to Morgan Composting, three times a week. The waste is then made into compost, fertilizer and soil, which is brought back to be used in CMU's garden beds and on the Jack Saunders Marching Band Field.

One of the contributors at the forefront of this composting effort has been Central Sustainability.

According to CMU's website, the group was founded in 2020 with its mission to create a more holistic approach to sustainability on campus. They have done this by focusing on projects, policies and



Marie Underwood | Staff photographer

Seven-week-old turkeys eat tomatoes organic farmer Tyler Shepherd didn't want to take to the market, Sunday, Sept. 17, 2023. Shepherd, of Shepherd Organic Produce & Poultry LLC, keeps his turkeys near the growing tomatoes so it's easy to feed them the ones he can't sell, he said. No tomatoes go to waste. These turkeys will be raised until the week before Thanksgiving, so they'll be fresh for the holiday.

programming that promotes the overall growth of institutional sustainability through education and collaboration.

Since 2018 CMU has maintained the composting program to address food waste coming from the dining halls. Meghan VanDamme, the sustainability coordinator at Central Sustainability, said that they have sought to expand these efforts. The group hopes to involve students without meal plans who may not have access to composting services.

Last year, Central Sustainability placed composting bins in various locations, such as the Northwest Apartments, to make it easier for students to participate in the program.

VanDamme said the group hopes to

expand the program to include graduate housing.

Aside from their composting program, Central Sustainability has worked to bring more attention to the amount of food waste people generate through different educational programs, such as their plate waste audits.

These audits involve students weighing the amount of food they throw out after they finish eating in the dining halls.

VanDamme said that typically, in only one of the campus dining halls, the group sees about 200 pounds of food wasted within the span of an hour during their audits.

"We go beyond just the composting

efforts to narrow the food waste reduction from the source," VanDamme said. "Because composting is just a way to handle a problem that already exists."

Every year, Central Sustainability sends out a campus survey to gauge student knowledge on sustainability.

VanDamme said that typically 90% of the survey's respondents said sustainability is something that they care about. However, less than half of them said their high school education taught them about it.

"It's so interesting, because a lot of students say they feel like they have not learned enough about it and then a majority say it is something they care about," VanDamme said. "So, we're

A lot of students say they feel like they have not learned enough about sustainability and then a majority say it is something they care about.

Meghan VanDamme sustainability coordinator

really trying to bridge the gap of making sure students receive those resources and receive support and education around sustainability.”

Central Sustainability hosts multiple educational events every month, such as walking tours that showcase the university’s sustainable initiatives on campus and highlight the opportunities available for students.

However, due to recent budget restraints, Central Sustainability has had to cut many of these educational programs.

The group, which was previously funded by Facilities Management, recently stopped receiving funding from the department after it went through budget cuts.

VanDamme said Central Sustainability has been actively looking for funding from other departments since.

“Our videos were played up at basketball and football games,” VanDamme said. “We were also able to table at basketball and football games, and we can no longer do any of those things. And also, small stuff, like you won’t see many posters from us anymore because we don’t have a printing budget. Types of events that cost us money, we do not host anymore.”

VanDamme said the group is still trying to adjust to these changes.

During the latest Student Government Association meeting, Central Sustainability proposed a \$5 student “green fee,” to help fund the group and future projects on campus.

The current proposed legislation is still undergoing changes. An edited version will be presented at the next SGA meeting.

An outside perspective

Sunny Lee is an international student from South Korea. Since coming to America a year and a half ago, she recognized the significant differences in how food waste is handled compared to her home country. Lee said South Korea takes a nationwide, cohesive approach towards food waste management – a stark contrast, from the United States.

One key distinction, she said, is the overall responsibility to sort their trash into separate categories, such as plastic, paper and recyclables.

However, she said food waste holds a particular importance in South Korea, where special machines are used for disposing food in places such as apartment complexes, school cafeterias and restaurants.

Lee said in their apartments, people use ID cards linked to their living units to weigh the food waste they dispose of. If the weight exceeds the normal range, the excess cost is billed to the individual’s apartment.

Restaurants in South Korea are also required to handle food waste separately, minimizing moisture content to prevent the release of the greenhouse gas, methane.

“I think the biggest part is that the people really try to separate food waste

from other trash,” Lee said. “That’s what makes it very, very efficient. Because, as far as I know, citizens just dump it and it’s the recycling body (center) that needs to do everything, so it’s not very efficient.”

Lee said South Koreans are more regulated and judgmental of waste disposal, which places pressure on individuals to follow the rules.

In contrast, she has observed that in the U.S., environmental issues tend to be viewed through a more political lens, with varying levels of commitment to responsible waste management.

Since coming to the U.S., Lee said she has become more wasteful because of the lack of a waste distribution system.

“When I first came here, I got really shocked about food waste going to the same place as other trash and I got confused,” she said. “Is it the right way? I’m like researching and I cannot find anything, so I just started dumping everything together.”

On the other hand, Joseph Marah, an international student from Sierra Leone, said this hasn’t been the case for him.

Since coming to the U.S., his own food waste practices have remained rooted in his Sierra Leonean upbringing, compelling him to appreciate food more and waste less.

Marah said in his home country,

neighbors routinely exchange meals, ensuring little goes to waste.

He also highlighted the influence of religious and cultural values on food consumption. Some ethnic groups such as the Mandinka and the Fula, strictly adhere to not wasting food, believing it to be disrespectful to discard what is considered “God’s sustenance.”

Marah said attitudes towards food waste in Sierra Leone are also heavily influenced by the country’s economic situation.

“The average Leonean lives on \$1.25 a day and as a result, it’s very difficult to access food,” he said.

This financial constraint makes it difficult for many to stockpile food for extended periods or to afford significant quantities.

“We don’t have too much,” Marah said. “So in essence, we don’t even have the opportunity to waste it.”

Marah said Americans have a surplus of food due to the ease of access and affordability of food, leading to greater instances of food waste.

“We’ll see if the culture does embark on what I do, but I don’t think the culture has really changed me” Marah said. “I really have a heart for people and I know where I come from. ... Now, if anything, I think I’ve had more appreciation for food when I see too much of it here.”



Illustration by Madelyn Kerbyson | Designer

CMU Student Food Pantry: Growth of visitors means increase of hours

By Ally Meske
Staff reporter

Between Calkins and Robinson Halls, a normally quiet place since North Campus has closed, resides a small, grocery-like store. The shelves are lined with canned food products and cleaning supplies, and the fridges stocked with fresh dairy and produce.

Except this isn't a grocery store, but the Central Michigan University Student Food Pantry, a staple for many individuals on campus.

The Food Pantry has increased its hours of operation as it continues to grow this year in an effort to reach more students.

The CMU Food Pantry was an idea started by the previous director, Shawna Ross. Ross had been with CMU for more than 20 years and the pantry was something she wanted to bring to campus.

"We are in our sixth year of the food pantry," Assistant Director of the Mary Ellen Brandell Volunteer Center Symantha Dattilo said. "This really came from her recognition, and some other folks on campus, recognizing that we did have a need."

CMU was one of the last public institutions in Michigan to get a food pantry, opening in the fall of 2018, according to the Volunteer Center's page.

"I think we are still super new and still trying to figure out what our need looks like on campus," Dattilo said

Through COVID-19

Since COVID-19, the food pantry has noticed the need in the community grow exponentially, Dattilo said. The pantry will serve anywhere from 250 to 300 students a week.

"We've just had to adjust how we serve and at what capacity



Ugly junior Ryche Roggenbuck restocks the shelves of the CMU Student Food Pantry in this Wednesday, Jan. 26, 2022, file photo.

we serve (by) adding hours and adding new vendors," Dattilo said.

Prior to the pandemic, the food pantry was working almost exclusively with the Greater Lansing Food Bank and modeled the pantry to look and feel like a grocery store, Dattilo said.

However, the pandemic's limit on face-to-face interactions impacted the pantry, she said. Students were still able to use the pantry, but only by filling out an online form before coming, selecting the products they would need and then picking up their bag later.

Now, the food pantry continues to work with the Greater Lansing Food Bank and has additional price partners for

both food and care products, Dattilo said.

It also has a donation partnership with Aldi, the Isabella Community Soup Kitchen and the Community Compassion Network, and it purchases products from the Dollar Tree.

"It's a little bit of a surprise every single week when we get our truck from the Greater Lansing Food Bank of what we get," Dattilo said.

The food pantry is providing both food and care for students on campus. The food side includes shelf-stable products like canned foods, pastas, rice and others. The pantry also stocks produce, bread, frozen meats, snacks and breakfast foods.

On the care side, there are

things like school supplies, hygiene products, period products and cleaning supplies. In the winter, there is a warmth drive to provide hats, gloves, scarves and coats.

"We are 100% donation based," Dattilo said "So, from current students, faculty, staff and alumni and then folks who care a whole lot about making sure students have what they need."

Food Insecurity

Dattilo said the food pantry is essential to CMU's campus, since CMU's food insecurity is higher than the national average of one-in-three students.

CMU students are experiencing food insecurity rates at around 40% at some point

during their college experience, according to Graduating Student Survey data from the Career Development Center.

"If that's the truth then the pantry may not be enough," Kate Foster, a junior studying social work said. "CMU has lots of resources to make this statistic better."

"We know that when folks are experiencing food insecurity, that means that they're making choices about purchasing food or purchasing books for their classes," Dattilo said. "(They) are more isolated and have a lower sense of belonging to their social circles because they can't afford to go out and do things like go to dinner or go to the movies and build relationships around things that might cost money.

"So (when) mental health declines, success in the classroom declines, and then your physical health obviously suffers too, right?"

Emma Slone, a freshman studying biology, said it made her sad that many people have to go through that, but is glad that the pantry is here to help.

Even with the high numbers the food pantry is serving, there are still students out there that are not using the pantry like they could be.

"We see it not as a tool of charity," Dattilo said, "We see it as a tool of student success."

"College is really, really hard and knowing where your next meal is going to come from should not be the thing that makes it harder."

CMU's Student Food Pantry is free and available for all students to use. For more information on the pantry's operations and volunteer opportunities, visit www.cmich.edu/offices-departments/mary-ellen-brandell-volunteer-center/programs.

CM Life Photo | File

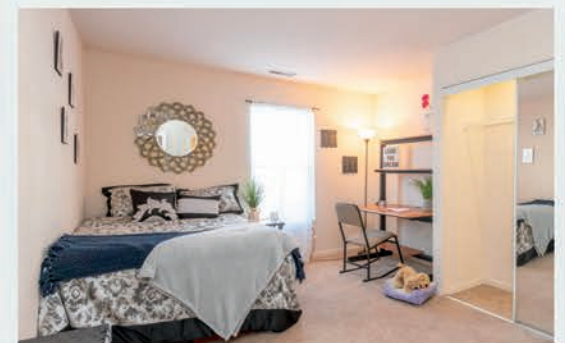
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Through family and faith

Meet the Van Dyks, one of CMU's local farming families

By Courtney Boyd
Staff reporter

IMLAY CITY -- Central Michigan University sources its produce from a variety of farms located all across the state. One of these farms is a family owned and operated business called Van Dyk Farms.

Located on Muck Road in Imlay City and stretching across 2,000 acres, Van Dyk Farms has been growing vegetables since 1958. While they primarily grow lettuce, the farm also plants sweet corn, field corn and beans.

"Very few (farms) make it to the third generation," Adam Van Dyk said. "An even smaller percentage makes it to the fourth."

Adam is a 32-year-old sales and farm manager, but he said a generic job title doesn't describe everything he does.

While he manages sales in Michigan and the Midwest region, his father Doug handles some of the farm's larger, long-standing clients.

Adam and Doug are assisted by Adam's younger brother, Matt, and their uncle, Dennis. Doug and Dennis grew up on the farm in the 1970s.

"I've been playing with little tractors in the field since I was 6 years old when Mom was working in the fields," Dennis said. "Working here, it's been nonstop ever since."

The situation is similar for Adam and Matt.

"Originally we weren't fans," Matt said. "As kids, you don't want to work. But by college we saw the value in it. We didn't realize how much it was ingrained in us until we got away from it."

Adam said he and his relatives do a bit of everything on the farm, from planting, irrigating, weeding and harvesting, to pack-



From left to right, Dennis, Doug, Matt and Adam Van Dyks smile for a picture, Wednesday, Nov. 1, in Imlay City, Michigan. The family has run Van Dyk Farms for four generations.

Rakesh Tadkal | Staff photographer

aging produce for shipments.

They are assisted by temporary agriculture workers under the H-2A visa, a program of the United States Department of Labor that allows non-immigrants from select nations to hold a temporary work visa during the harvest season.

"It's very labor intensive," Doug said.

While the farm's harvest season runs from June until October, the Van Dyks start planting as early as April. Once the crops are ready to be picked, seeds are replanted. The cycle continues until their last planting in August, and they finish harvesting in October.

"Our summers look very different from other families'," Doug said. "We don't vacation, have weddings or plan on having kids in summer."

Like any job, the farm has its perks and its challenges. One of these perks is the muck soil. It is a type of ground that is known to hold moisture and nutrients.

"The only downside is that everything grows well in it, including weeds," Matt said.

Matt also said that lettuce is a delicate crop, which needs extra care and attention. As a result, the Van Dyks have two methods for growing the lettuce: Seeding, in which they plant the seeds directly in the soil, and transplanting, where the seeds start in a greenhouse and are moved to the soil once they reach a certain maturity.

The weather also plays a factor in planting. Dennis described this year as "a rollercoaster," with frost threatening the crops one morning and temperatures hitting as high as 80 degrees the next.

"Michigan is not the ideal farming state," he said. "So, we have a lot of challenges."

Despite these challenges, the family works well together, and the Van Dyks believe it strengthens their business and their bond.

Adam said Van Dykes are closer than typical families because of their similar ways of thinking.

"Nothing gets you closer than blood, sweat and tears," Doug said. "We have all three."

Family is not the only thing the Van Dyks rely on. The family are Christians, and their business is built on Christian values. The company logo even has a religious symbol in it, the ichthys or fish.

"Our faith is paramount in everything we do," Doug said. "It affects how we treat our employees and customers. I hope that

is obvious and being accomplished."

The Van Dyks said their religion influences how they interact with customers and local families in their community, serving as a foundation for their family and their business.

As time goes on, the Van Dyks hope that the company will continue to thrive and grow.

"Things come and go in waves," Adam said. "We've been lucky to ride the lettuce wave this long."

Matt said he views the business as a fundraiser of sorts. When people purchase from the farm, it raises money for the "fundraiser" so that the Van Dyks can continue doing and growing what they love.

"I hope it continues to bless these families and bless this community," he said.

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As a first-generation college student, I remember some of the struggles I faced when I first arrived on campus. I did not know what to do or where to start. Luckily, from regularly scheduled academic and tutoring to coaching appointments that helped with things like time management and selecting a major, I had a tremendous amount of support.

At CMU we are dedicated to ensuring you have the same success I did. You belong here, we see you and we are here with help, support and resources, every step of the way.

I know you can do it!



Dr. Reneé Watson

Vice President of the Division of Student Affairs



A silent growl

CMU students facing food insecurity more than the national average

When November arrives, many Americans get excited for the holiday season and the delicious, hot, home-cooked meals that come with it. College students drool over the sheer thought of going home for Thanksgiving break to indulge in the feast or to simply raid our parents' cabinets and fridges.

But some students are not able to return home and others don't share the luxury or privilege of having the resources to have a sufficient meal. They have to continue thinking about what their next meal is going to be, and how they are going to afford it.

Students across the country have experienced food insecurity.

According to the 2020 National Postsecondary Student Aid Study, more than one in five undergraduates experienced food insecurity.

In an updated 2023 analysis of the study published by Sara Goldrick-Rab, an independent consultant and founder of The Hope Center for College, Community and Justice at Temple University, 23% of undergraduate students and 12% of graduate students across the nation reported experiencing food insecurity.

Central Michigan University is no different. In fact, our campus has seen numbers higher than the national average when it comes to students facing the issue.

Erica Johnson is the interim vice president of student affairs and director of the Mary Ellen Brandell Volunteer Center. She said when CMU first introduced its food pantry to address food insecurity on campus in the Fall of 2018, they

took a post-graduation survey in 2017 to determine students' experiences.

According to that survey, 40% of the graduated students said they faced food insecurity during their time at CMU. Assuming they were undergrads, this means they were 20 percentage points above the national average ... for graduate students that would be 28 percentage points.

In 2021, Johnson said the university prompted a multi-institutional leadership study asking about hunger and the physiological effects of food insecurity. Twenty one percent of students reported they experienced hunger on campus, without having the funds for food.

"We know that food insecurity creates challenges and barriers to being successful at CMU," Johnson said. "That's why the student Food Pantry exists ... to help provide (and) to alleviate some of those challenges."

When it comes to the student experience at CMU, many have voiced their struggles with financial hardship, lack of accessible dining hall hours, dietary needs not being met and the challenges that follow food insecurity.

As students at *Central Michigan Life*, we see your struggles, we hear your voice — we do. The university would also say, 'we do.' And they do with the numerous resources they provide on campus ... but do they?

Do the people making deci-

EDITORIAL

sions for food availability on campus understand what it is like to have classes back-to-back with no food in your belly? And still only have time for a pack of ramen to fuel the rest of a student's daily routine? Or having nothing at all?

How about attending a university in a different continent from your hometown and not having any resources to make that one meal from home that brings you comfort?

What about students coming from low-income households that don't have the money to afford the required meal plan, but are forced to do so anyway, to receive an education?

These scenarios are only a few out of many. Food insecurity can look different for whomever is experiencing it. But what is generally universal is how one's body functions without a substantial meal.

In Lauren Pocica's article for CM Life on food deserts, the United States Department of Agriculture said food insecurity affects how you focus and function in everyday life.

"Poor nutrition and diet-related diseases have far-reach-

ing impacts, including decreased academic achievement and increased financial stress," the USDA said. "That translates to societal impacts as well ... lower productivity, weakened military readiness, widening health disparities and skyrocketing health care costs."

Most of the nutrients provided by the university in the dining halls or markets consists of the same food — pasta, pizza, burgers, sometimes frozen or wilted salad options, overpriced sushi and sandwiches (if they are still there after a long day of classes), ramen and frozen meals.

It is not like we are asking to dine like kings. However, when students are continually asked to do more on campus, it would be useful and appreciated to have the nutrients we need to do so.

Without it, students feel like garbage. It impacts the way we view our own fluctuating bodies, from the excessive intake of junk or the complete lack of food in general, damaging one's mental health even further. Taking this into consideration, eating has become an afterthought for some students.

We are pushed to take 15

credits per semester, exert energy into student organizations and campus events, while still making time for study hours and our social lives. Where is the time or incentive to eat on-campus, when the food available has the power to slow us down?

And for students off-campus, where is the time or motivation to cook a meal when the day is mostly spent on-campus dedicated to classes, conferences, RSO meetings, study hours and events?

How important is nutrition to academic success? Well, CMU has listened to students in the past when it came to complaints about food in the dining halls.

However, the institution introduced Merrill's virtual dining hall, envisioning easier accessibility for students. Thank you for the efforts and for increasing job opportunities on campus, now why not up the ante on fresh, healthful options on fruits and vegetables beyond the dinner rush? How about having fruits or vegetables and allowing students to have access

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Apartments,
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DEERFIELD VILLAGE



JAMESTOWN APTS.



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989.

to these options past 6 p.m.?

A more successful project the university has had would be the food pantry. Recently, the food pantry extended its availability to five days a week after hiring more staff:

- Monday: noon to 2 p.m.
- Tuesday: 5 p.m. to 7 p.m.
- Wednesday: 3 p.m. to 5 p.m.
- Thursday: 2 p.m. to 5 p.m.
- Friday: noon to 3 p.m.

If students are unable to make any of the times, they are encouraged to email foodpantry@cmich.edu or fill out a form on Engage Central to coordinate with one of the staff members for when they could come by after-hours for assistance.

Aside from the food pantry, some hidden gems many students have potentially failed to notice on campus are resources such as the Student Emergency Fund. According to CMU's website, this fund is available for domestic and international students, if they adhere to the requirements.

The emergency funds are meant to provide financial assistance for those experiencing food insecurity or other emergencies. It explicitly also states that international stu-

dents can use this fund only once at CMU, whereas it is unclear for domestic students.

However, there is also the Finish Up Chips fund for students that are within 25 credits of graduating and need financial support. But if that does not fit a students' qualifications, they may also submit a CARES report on their own behalf to connect with financial aid and the Supplemental Nutrition Assistance

Program on campus.

If any students are in need of food immediately, aside from the food pantry, they may also visit the Volunteer Center or One Central in the Bovee University Center to receive a food package. There are options avail-

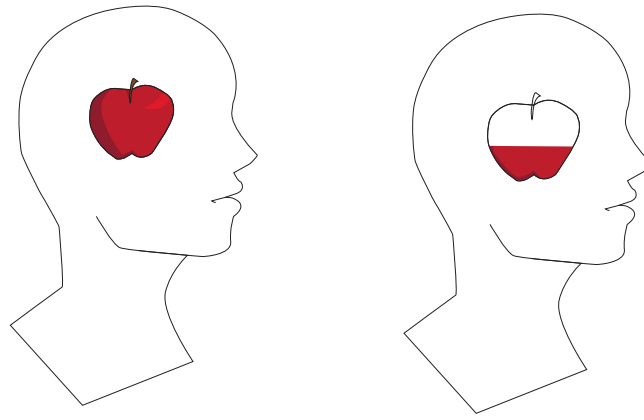


Illustration by Zoey Lawrence | Designer

able for those that are vegan, vegetarian and gluten-free.

In addition to CMU's programs, Mount Pleasant also has many thanks to give to the Isabella Community Soup Kitchen. According to the nonprofits website, it provides free meals to anyone in need and has no qualifications or guidelines to join.

CMU offers more than some students may have realized; however, this can also be as a result of not enough promotion so students can be aware and take advantage of them. We see you CMU, but we haven't heard enough from you.

In Ally Meske's article on page 8 on the university's food pantry, Symantha Dattilo, the assistant director of the volunteer center, said the pantry serves 250 to 300 students per week. However, there are students

out there not using it like they could be.

"We see it as a tool of student success," Dattilo said. "College is really, really hard and knowing where your next meal is going to come from should not be the thing that makes it harder," Dattilo said.

At CMU, we do the best we can as students, faculty and staff. But we can all do better to acknowledge one another's efforts and take a step further to meet each other in the middle. At CM Life, everyone on campus is given a platform to speak as loud as their voices allow. And as students ourselves, 'we do' too.

1-6
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'The food is the heartbeat of our people'

Food insecurity within the Saginaw Chippewa Indian Tribe

By Zipporah Abarca
Editor in chief

When Sam Anglin was a boy, he and his mother faced food insecurity. They would drive to the Saginaw Chippewa Indian Tribe reservation once a month to pick up a "box of goodies," he said. Making do with what they were given, Anglin was inspired to doctor the food by getting creative.

Now, he works as an Indigenous chef consultant for the SCIT.

Aside from his duties as a chef and being a member of the SCIT, Anglin is also the supportive housing coordinator for the Tribe. When he and his mother were a part of the food distribution program, he said it would be awkward when friends would come over and see the different powdered or canned foods in their cupboards.

"That did cause a little shame and guilt in me," he said. "So now, that's why I strive to make sure I have a good education. I think it instilled in me to try to be creative in my cooking and make something out of nothing."

Within the last 10 years, Anglin said the food distribution program has changed.

"I think it's more honorable now," he said. "It doesn't cause that shaming and guilt. ... To tell you the truth, I would like to be part of that program now and ... (help) families have that access to healthy food. ... We really got to bring opportunities and hope to our community."

Food insecurity has been a factor for the Tribe for more than a century. It started when the Mount Pleasant Indian Industrial Boarding School was in operation. According to the Ziibiwing Center, the boarding school was open from June 30, 1893, to June 6, 1934.

"The boarding school did take our food securities away from us by making us eat nontraditional

diets, heavy lard, the high sugar and (highly) processed foods," Anglin said. "And we all know how our body craves that once we get used to it, and it's hard to break that cycle."

Since then, the Tribe has been recuperating from the loss of its food sovereignty. Anglin said he thanks his ancestors for being seed savers, since most of the fruits and vegetables offered in the SCIT farmers market is grown from heirloom plants.

"Part of our duties as the ancestors to the next generation and (the generation) before us is to keep those traditions rolling," he said.

As of right now, Anglin said the Tribe is really trying to make efforts to combat food insecurity.

"Because, truly for the Saginaw Chippewa Indian Tribe to be sovereign — we have our culture, we have our language, but we need our food too, to make that a well-balanced circle," he said.

SCIT initiatives

The SCIT is tapping back into traditional gardening practices through efforts like the seven-generational program. Anglin said this initiative has community garden beds to service healing medicines and for Tribal members to reserve for their own gardening in the spring.

Additionally, the Tribal College is working in collaboration with the United States Department of Agriculture (USDA) for students to engage in a community garden to grow their own food and medicines. Both initiatives are open to the communities for donations.

Aside from the community gardens, SCIT hosts a Tribal farmers market to encourage Tribal members to sell arts, crafts



Sam Anglin talks about his experience with food insecurity in an interview with *Central Michigan Life* on Nov. 6, 2023.

Lauren Rice | News editor

We have our culture, we have our language, but we need our food too, to make that a well-balanced circle

Sam Anglin
Indigenous chef consultant for SCIT

and vegetables, as well as have a community to support one another, Anglin said.

By getting into the healthy tradition of gardening to produce

food while building a family connection, Anglin said it helps the Tribe not fall back into the food insecurity that was exhibited in the boarding school.

Anglin said learning the stories or teachings of the foods, along with those practices, is an empowering tool.

"Because then you have the whole, complete story to make us a well-rounded community," he said. "It's not just the Saginaw Chippewa community, but it's the surrounding community, too, that we got to focus on and discuss what it takes - all of us working together - to mitigate the food insecurities."

To combat food insecurity within the Tribal community, the SCIT holds a food distribution drive-through once a month for Isabella County residents.

The Tribe also has consistent community events where feasts are provided to build togetherness and for people to have a sufficient meal, Anglin said.

In conjunction with Central Michigan University's Central Sustainability, the Tribe is a part of the food waste program on campus. The initiative strives to compost all of the food waste and paper towels, and encourages switching the use of plastic cups to recyclables.

"It's our Mother Earth and you gotta take care of it," Anglin said. "If you don't have that, you have nothing."

Personal mission

There is a mentality among Native Americans when out foraging to preserve food for yourself and for the earth, Anglin said.

See **HEARTBEAT** | 16

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HEARTBEAT

CONTINUED FROM 14

"You see three strawberries," he said. "You pick one for yourself, you leave one for the animals and you leave one for the ancestors. That replaces everything for us. So, that's the mentality I have too. I don't want to take everything, but I want to promote as much as I can."

From the perspective of being a chef, Anglin said he enjoys showing people what they can do with food, especially when they start growing their own.

"That could be a problem, too, is create insecurities if they don't know how to use the food," Anglin said. "They can grow it all day long, but if they don't know how to cook it — I feel that's my responsibility and my commitment to my ancestors."

Knowledge is useless unless it is shared, Anglin said. He feels he gets the most reward out of sharing the free knowledge he has accumulated over time from his professional experiences attend-

ing culinary school, summits and conferences.

"It doesn't take money, it doesn't take anything, it just takes someone taking the time to listen," Anglin said. "That's the true magic of life, right?"

Anglin said it is a great honor to be a part of the movement to give back to his Tribe. Although it is not possible to change what happened with the boarding school, he said it is the community's responsibility to never let it happen again.

Food insecurity is a worldwide issue. However, Native Americans were the first farm-to-table people, Anglin said.

"We just got to get back into that," he said. "It truly is a blood memory for us. We just got to really awaken that. And it just takes ... getting out there learning stuff and spreading that knowledge that we have, because we don't know it all, I don't know it all. Let's not re-create that circle."

In celebration of Native American Heritage Month, Green Tree



Lauren Rice | News editor
Sam Anglin poses for a photo in the GreenTree Co-op Market in Mount Pleasant, Michigan on Nov. 6, 2023.

Co-op invited Anglin to provide an Indigenous dish for the hot bar every Friday of the month. He will be there to spread knowledge about the culture and practices of

creating the dish and its history.

Additionally, Green Tree has put up signs in the Anishinaabe language throughout the market to educate the community and

preserve the language.

Anglin is available for catering, consulting and cooking classes and can be reached at minozekwe@gmail.com.

From cornmeal to snapping beans

Phyllis Davis talks about her experience with food as an Indigenous person

By Breana Wheeler & Lauren Rice
Staff reporters

As a child, flour, corn meal and canned vegetables were staples in the food commodities that Phyllis Davis' family received.

Davis currently serves as a councilwoman in the Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians, also known as the Gun Lake Tribe, in Shelbyville, Michigan.

Davis grew up in a one-parent household with three siblings, and lived with her grandparents off-and-on.

"I grew up on oatmeal and cornmeal mush," Davis said. "My grandpa would doctor it up, but if it got cold, he would reset it and fry it up in a little bacon grease."

In addition to their food commodities twice a month, Davis said her family relied on

they canned for the winter and the garden her grandparents maintained. They canned chicken, kept a pantry stocked with vegetables and fished.

But the fish wasn't just for their family. She said her grandfather shared what he caught in a trap line with other families if he knew they were struggling.

Before she was old enough to learn how to can, Davis said she was old enough to be taught what vegetables to pick.

"Summertime was absolutely beautiful," she said. "I remember my grandma, aunts, mom and us kids sitting down and snapping beans."

A few years ago, the Gun Lake Tribe conducted a survey of their members, with one question asking if respondents were experiencing food insecurity. Davis said 30% confirmed that they were.

They identified two sources of

the problem:

- Increased cost of living
- Distance from food

Historically, she said the Tribe members lived off of food commodities. And within the Gun Lake Tribe, the cost of living has gone up 20%.

Members of the Tribe either have to buy food in bulk, shop at stores like Dollar General to have something to eat or drive a 40-mile distance to buy nutritional foods that have gone up in price.

"A lot of time, those options aren't the healthiest choices to make," Davis said "It's just the fact that they are there."

"Currently I think the high cost (of) medical inflation, the cost of food for eggs, for bread, for milk (and) for meat have gone up 20% (or) 30% in some places."

But there are a couple temporary solutions in action.

Many Tribal members had to

move to be able to earn money for food. Some would come back on weekends and bring groceries back, and sometimes even share with the local churches.

"Local churches provide food baskets, and I know my family was a recipient of that," Davis said.

The Produce Prescription Program is another resource she mentioned.

"Produce Prescription Programs support healthy behavior change for individuals and families through partnerships with healthcare and other providers who focus on supporting healthy eating," according to the Michigan Farmers Market Association. "Programs are commonly aimed at improving health outcomes for low-income patients with diet-related chronic illnesses."



Courtesy Photo By: Phyllis Davis

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Meditation

4pm-4:45pm in
Wellness Studio

Hatha Yoga with Meditation
7pm-8:15pm in Rose 134

Tuesday

Vinyasa Yoga

8am-8:45am in Rose 134

Strength

6pm-6:55pm in
MP Fit

Wednesday

Cycle

8am-8:45am in
MP Fit

MMA Fit

6pm-6:55pm in MP Fit

Hatha Yoga with Meditation
7pm-8:15pm in Rose 134

Thursday

Vinyasa Yoga

8am-8:45am in Rose 134

Strength

6pm-6:55pm in
MP Fit

Friday

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SPORTS

Kristin Haynie begins new chapter for CMU women's basketball

'I always had a ball in my hand, and it's all I've known'

By Kaia Zimmerman
Assistant sports editor

When new women's basketball head coach Kristin Haynie stepped up to the podium to address the Central Michigan community for the first time, she confidently said: "I am new to being a head coach, but I am not new to winning."

It was a sign of hope for women's basketball fans, as the Chippewas have experienced two-straight losing seasons with an overall 10-48 record. Now, CMU starts a new era with Haynie at the forefront.

Even before coming into this role, Haynie had a passion for basketball. Starting from a young age, it was her family who encouraged her to be active, and she remembers sports always being in the picture.

"Just growing up, I always had a ball in my hand, and it's all I've known," Haynie said. "And you know, when you have passion for something, you love something, you want to just keep doing it."

It was that love for the sport that started at a young age that made her want to continue playing and eventually move on to coaching.

Playing at the highest level

Haynie has had a successful career up to this point, starting as a player at Michigan State University.

During her time with the Spartans, Haynie raked in the accolades, becoming the career leader in assists with 547 and steals with 346. She also ranks 15th in career scoring with the



Marie Underwood | Staff photographer

Central Michigan's head women's basketball coach Kristin Haynie, right, talks to sophomore guard Taylor Anderson during practice, Thursday, Nov. 2 in McGuirk Arena. Haynie is the program's thirteenth head coach to lead the women's basketball program at CMU.

Spartans, scoring 1,199 points.

Along with solidifying her name in the record book at MSU, she led her team in the point guard position to the program's first Final Four and NCAA championship game appearance, in 2005.

"It was just a very unique team as we kept getting older," Haynie said. "We just really trusted in the system and trusted the coaches and bought into what they wanted us to do. And so to be able to play in the national championship game is

very humbling. Not a lot of people can say that they have played in the national championship game."

Haynie said having the experience at the college level helps her relate to the players she coaches.

"I know what the players go through, when we're tough (on them) and we're running and adversity hits," Haynie said. "We've been through it, as (players) ourselves, so just putting myself back into their shoes."

"I think that was one of the biggest parts of basketball ... the mental toughness. It's easy to do drills and to play, but we have to put them in situations that they will face in games."

Not only does Haynie know what it takes to be a student athlete, she also knows how to win at the highest college level, having success in the national tournament.

"I've been successful as a player and a coach, and so we know as a staff what success looks like," Haynie said. "Everybody on staff has won championships at their other places where they've coached or as players. So, we have a lot of championship trophies between us, and we demand excellence because we know what it takes to get to the championship level."

Haynie continued her success on the professional court, having the opportunity to play in the Women's National Basketball Association after she was picked ninth overall in the 2005 Draft by the Sacramento Monarchs.

"To play at the top level is just a blessing," Haynie said. "Not a lot of people make it. There's 144 players in the world that play in the WNBA, so it was just an amazing experience. To keep playing for the love of the game and to get paid for it."

She quickly found success in the league, as her team won the



Marie Underwood | Staff photographer
Central Michigan's head women's basketball coach Kristin Haynie, left, watches the team during practice, Thursday, Nov. 2 in McGuirk Arena. Here, the team worked on their defense.

WNBA title in her first season. "I can't help but smile and get chills that I was able to play at the highest level," Haynie said. "And the connections and friends that I've made throughout my years ... I'm very grateful for it."

Continuing the love for the game

After retiring from the professional leagues following five seasons, Haynie's love for the game kept her in basketball. This led to her first job as an assistant coach.

"I knew I wanted to stay in the sport, so I knew I wanted to coach," Haynie said. "So, my first job was at Eastern Michigan assistant coach, and then that's how I got into coaching."

From there, Haynie became an assistant coach under CMU legend Sue Guevara, followed by an assistant coaching role at MSU, coaching under CMU alum Suzy Merchant.

"They've (Guevara and Merchant) won championships," Haynie said. "They've had... really good coaching (careers).

"Both I talk to and they know that they're one call away. I can reach out to them any time, they're my mentor on and off the floor. They're both really good at X's and O's and how to run a program."

With her time as an assistant coach, Haynie said she learned how to put players first and to not be afraid to make mistakes.

"You're here for the players, so the relationships that you build with the players is a reason why I was an assistant coach," Haynie said. "(It's) to help them prepare for life after basketball. Also, a lot of these players have dreams to play pro, and so for me playing at the highest level, what does it take to get there, you know? I'm trying to mentor them and help them grow as people and as basketball players."

The return to Mount Pleasant

Following her time as an assistant coach, Haynie thought it was time to step into the leading role for the first time. She decided to return to Mount Pleasant and go for the job at CMU.

"I just thought I was ready," Haynie said "I have been equipped with a lot of tools, playing wise and then also, obviously, being an assistant coach under really good coaches. And so I thought it was time. I was itching to see what running your own program was all about."

As she steps into the new role, the women's basketball team is rebuilding. Not only is there a whole new staff, but there are only 10 players on the roster, with seven of them returning from last year.

Even though the roster is small and there are a lot of new factors to this team, Haynie is proud of how the players have bought into the new system



Marie Underwood | Staff photographer
Central Michigan's head women's basketball coach Kristin Haynie talks through a drill during practice, Thursday, Nov. 2 in McGuirk Arena. Haynie is a Michigan State graduate.

and the growth they have had throughout the offseason.

"I love coming to work every day," Haynie said. "The women, they've really bought in. The players have bought into the system and what we're doing. Pretty good work ethic and the attitudes are great, and so it makes coming to practice fun."

"Obviously we have a lot of work to do. And we continue to try and get better every single day. It's definitely a process. It's not gonna happen overnight."

Haynie has made it a point to get to know these players, holding one-on-one meetings with every team member. She said it is important as a coach to get to know the women not only as players but as people.

Getting to know them can help the team reach their goals which Haynie said is just getting better everyday.

"One day at a time, one game at a time," Haynie said. "We just

want to get better and better and then prepare for the conference play."

"Going to Cleveland (for the MAC tournament) ... is definitely a goal and we're gonna get there."

Haynie said she is excited to get back to the Mount Pleasant community, specifically the food spots, including Max and Emily's and Doozies for ice cream.

Apart from coaching, Haynie said she enjoys spending time with her wife and two kids, along with playing cards with her friends.

"The support by my family is awesome," Haynie said. "You know, both of my kids want to know everyone's names and they want to be around them as much as possible. And then my wife obviously is a really big supporter. She played Division I basketball as well, so she knows this life and how crazy it is."

SPORTS

From a walk-on to record breaker: Inside look at Aly Gurtiza

By Megan Youngblood
Staff reporter

Last year during the final regular season game against Eastern Michigan University on Nov. 16, then-sophomore libero Aly Gurtiza broke the Central Michigan volleyball team single-season dig record with 637.

It wasn't always a thought that she would break records. In fact, she didn't know if she'd get much playing time at all during her time here at CMU.

"I did come here as a walk-on," Gurtiza said. "Mike (Gawlik) always made it apparent that it doesn't matter how young you are or what kind of money you're getting, it's just if you're the best player, you're going to play. ... I worked day in and day out to be the best player to hear my name called."

Where it all began

At the age of 9, Gurtiza switched from playing soccer to volleyball after repeat-

edly seeing the girls practicing on the other end of the gym.

She played recreational volleyball for a year, and Gurtiza's coaches suggested that she move onto Club volleyball. That opened the door to Gurtiza traveling to different parts of the country, from the ages of 11 to 18.

Gurtiza now plays libero, which is a position that serves as a defensive specialist and is not allowed to rotate to the front line; but when she first started volleyball, she was an outside. She moved to libero at age 14, when she stopped growing and was no longer tall enough.

"I was mostly a defensive player anyway," Gurtiza said. "That is where my strong suit was so it wasn't too bad of an adjustment."

Playing at a higher level

As she got older and continued to grow in the sport, Gurtiza realized her potential to go to the next level.

"I played at the same club until my



Jenna Spanola | Staff photographer

CMU junior libero/defensive specialist Aly Gurtiza high fives with her team on Saturday, Sept. 30, in McGuirk Arena.

16th year," Gurtiza said. "Up until then I was just kind of like, 'Oh clubs' fun,' ... but there are different levels of everything: there's American, national and open, which is the top, and I was playing at the bottom one. ... I ended up switching clubs to an open level ... and that's when I realized it was a lot more serious and the college recruiting process started."

In 2021, Gurtiza graduated from Lee's Summit West High School in Greenwood, Missouri. Due to COVID-19, the recruitment process for Gurtiza was different compared to other athletes.

"It was really hard," Gurtiza said. "Hard to get to know people, especially over the phone. I didn't get to see any of the campuses or talk to the girls. And knowing the people I was going to be surrounded with was a top priority. It was a very difficult time and especially because people had COVID years and so the people you were talking to would say 'oh this player is staying longer so now we don't have a position for you.' It was kind of a tough recruiting time."

Breaking the record

Traveling 11 hours from Missouri to

Mount Pleasant, Gurtiza knew exactly what she was looking for in a school when it came to making her decision to play at CMU.

"I just felt like it was a very family aspect," Gurtiza said. "And that's something that I was really looking (for) especially, knowing I was going to be so far from home. Something really important to me was knowing that the people I'm going to be around care about you as a person."

During her freshman year, Gurtiza didn't expect to play much, being that she was a walk-on and two other liberos were on the roster. But when both ended up injured, it was Gurtiza's time to shine.

Two years after making the decision to play with the Chippewas, Gurtiza started to make her presence known, breaking records on the CMU volleyball team.

"I kind of knew going into the game that I was close to it," Gurtiza said. "After the game, I asked how many digs I got, and my teammates were very supportive of me ... cheering me on the whole time. They made an announcement on the bus, and it was just very cool to see."

Gurtiza has grown a lot during her time here at CMU and that isn't lost on

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"I think there's been a big change (in) Gurtiza," Gawlik said. "In some ways it's just talking to her and about how we can win and giving her the confidence and understanding that we want her to go for it."

Gawlik looks to Gurtiza as someone to help lead the team amid many new transfers.

"She is stepping into a leadership role for us," Gawlik said. "She is a staple on our defensive side of the ball and she's played a lot of volleyball for us even though she's in her junior year."

While she found success on the court, she had to adjust to being away from the people who mean the most to her.

Being away from her mom — her biggest supporter in everything she does — was the hardest. Despite being 11 hours away Denise (Gurtiza's mom) still manages to be there for her daughter.

"My mom always texts me before every game a Rocky Balboa gif of him running up the stairs," Gurtiza said. "She's just always

I worked day in and day out to be the best player to hear my name called.

Aly Gurtiza CMU Junior

been supportive of every decision that I want to make, and she is always saying they support me and they try to come to a lot of games. ... It's always nice to have her support."

Fondest moments

Playing volleyball for over 10 years, Gurtiza has been able to form a lot of different memories, thanks to the sport.

Her first big memory comes for one of her club teams.

"My team broke off and created a whole new team," Gurtiza said. "We created a whole new team so we're the only team at this whole club and usually you have 11 or eight teams for an age division. And so everywhere we went it was 'who's this team?' and we ended up having a really good season and we ended second at Nationals."

"It really kind of put the club's name Pohaku on the map, and just knowing that team was a huge part of that club's success now means a lot."

Another memory that comes to mind is in her sophomore season against no other than CMU's biggest rival, Western Michigan University.

"That was a super fun-week-end and we beat them in five (sets), twice," Gurtiza said. "The match on senior night ... I felt like there were a lot of emotions going into that game knowing that it was senior night."

Off the court

While Gurtiza is a full-time athlete and student, she manages to find time for herself and do other things that she enjoys.

"I like to go hammock," Gurtiza said. "I found this little spot in Island Park by the river, and I like to journal or color. We used to paint a lot as a team. We'd have a lot of paintings that we do as a group, so we would have a

paint night.

"Basically, I just like to be outside a lot, go to Ponder (Coffee), hang out with my friends; and I like to go on drives to listen to music, especially during the sunset."

If you find yourself at a CMU volleyball match, be on the lookout for Gurtiza and her signature hairdo. The bun with little braids on the top is the only pregame ritual she needs before going out on the court.

"My freshman and sophomore year I switched between the braid in my hair and the bubbles," Gurtiza said. "Me and Anna Erickson (CMU outside hitter volleyball alumna) actually twinned every single game. ... If we won, we would keep that hairstyle for the next game and then if we lost, we would switch (it) up. I have a lot of hair and it's a lot easier (if) it's not in my face. ... I finally figured out how to keep it up without falling down, so I've been rocking it this season."



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CM Life named nation's top periodic college paper

Central Michigan Life, Central Michigan University's award-winning student-run media company, recently received the College Media Association's top organizational prize for its publishing division and institutional size.

CM Life was named the nation's best periodic publication serving a campus of 10,000 or more undergraduate students. The Pinnacle Awards honor "overall excellence in student work on college news-

papers, websites, magazines, yearbooks, radio or television stations, including internet or closed-circuit outlets, produced during an academic year," according to the College Media Association website. The organizational awards are open to any college media outlet whose advisor is a member of the association.

The Four-Year Periodic Newspaper of the Year is open to newspapers that published, on average, two to three times per

month during the 2022-23 academic year. Entries were judged based on coverage and content, design, graphics and illustrations, photography, service to the campus community, reporting, writing and editing.

Central Michigan Life has been the campus' media outlet since 1904. Last year, the paper was named to the Associated Collegiate Press' prestigious Pacemaker 100, recognizing it as one of the top 100 student-run

media outlets of the prior century.

The College Media Association comprises more than 600 members across the continent. The Pinnacle Award winners were announced during the College Media Association's Fall National College Media Convention, which took place Oct. 29 through Nov. 2, in Atlanta.

-CM Life Staff reports

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Washington/Ojibway	:44	:14	EVERY 1/2 HOUR
Anspach/Pearce	:45	:15	EVERY 1/2 HOUR
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Washington/Clayton	:05	:35	EVERY 1/2 HOUR
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Wightman	:07	:37	EVERY 1/2 HOUR
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Music Bldg. - Lot#33	:12	:42	EVERY 1/2 HOUR

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Stadium Mall			UPON REQUEST
TJ Maxx			UPON REQUEST
Walmart			UPON REQUEST
Copper Beech	:26	:56	EVERY 1/2 HOUR
The Reserve	:28	:58	EVERY 1/2 HOUR
Jamestown	:30	:00	EVERY 1/2 HOUR
Yorkshire Commons	:33	:03	EVERY 1/2 HOUR
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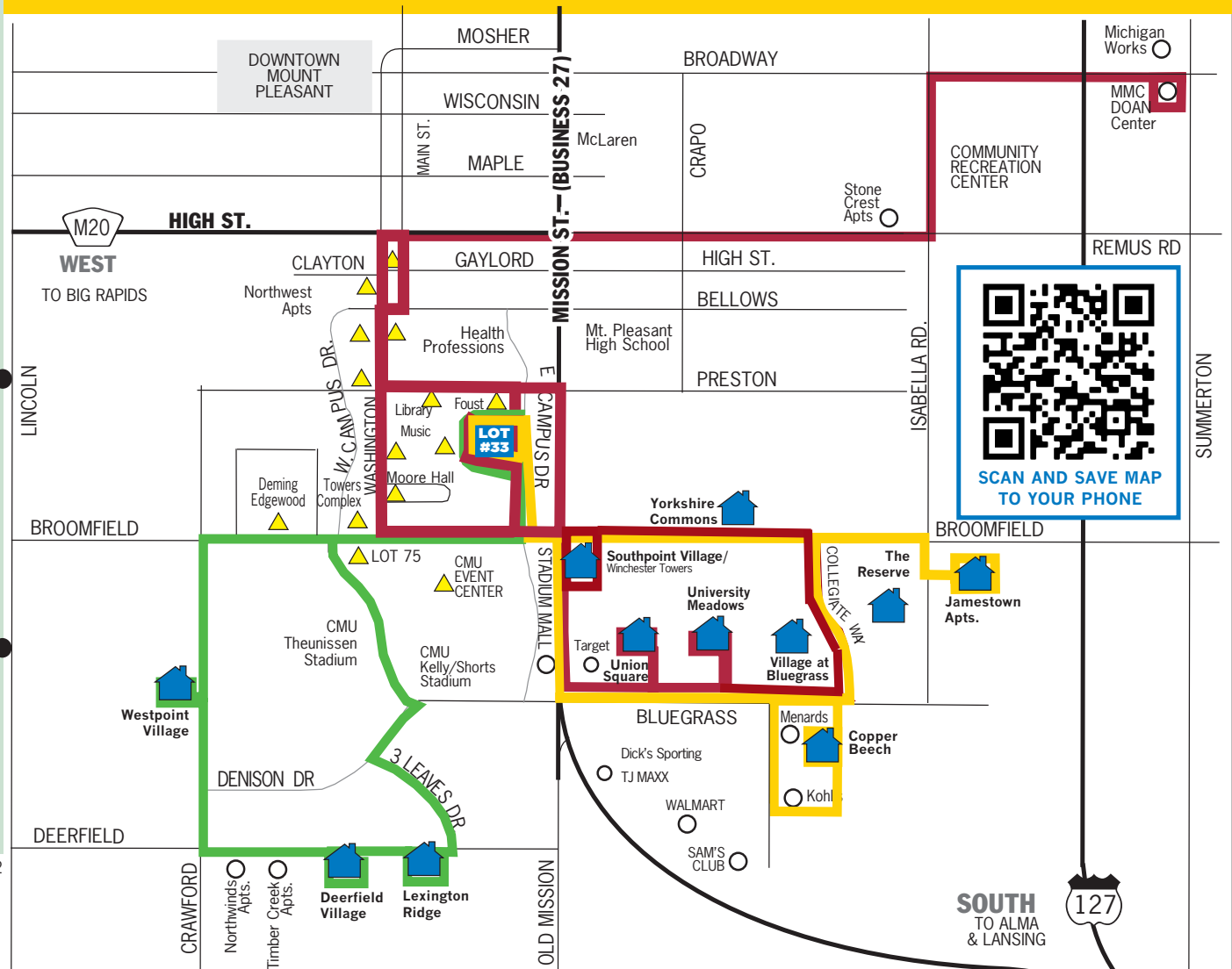
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